



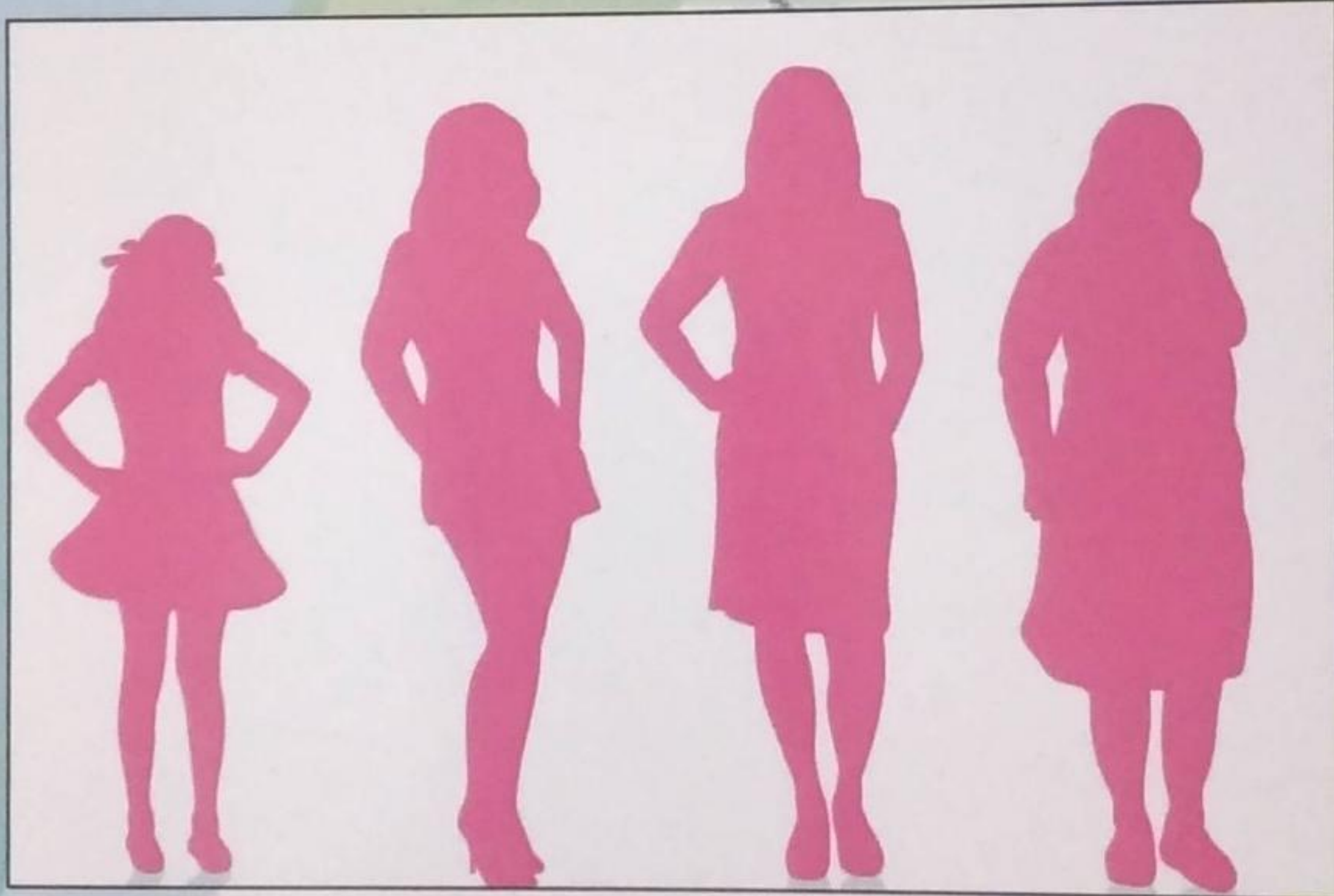
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6. Effect of Stress on Health of Adolescent Girls

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Abstract

Physical and mental transition period of adolescent is a dangerous moment every parent faces this situation. Gender inequality is still present in our society. As a result girls are facing the same conflicting situation in this stage of life with their parents, adolescence begins with the onset of physiologically normal puberty and ends when an adult identity and behavior are accepted. This period of development corresponds roughly to period between the ages of twelve to nineteen year. Adolescent as the final stage of childhood. After this stage individual is compelled to make these choices and engaged in a process of preparing for critical decision in physical sexual and cognitive transformations, the transition from childhood through adolescence to adulthood involves major change in social behavior and personality that are influenced by peers, school – colleges, parents, other family members

We have to do our parts as well. To send off teens to college well prepared we have to encourage them to develop healthier attitudes about achievement and better strategies for coping with stress. Girls need more help in this areas. Studies have found that girls differ from boys not only in their emotional responses to stress but also that acute and chronic stress may take a greater toll on girls physical and mental health.

Keyword : stress, adolescent girl health, physical, psychological.

Introduction

The adolescents girls are confronted with a number of social problems. These might create a pressure on them which ends sometimes with conflict. Because present world is more challenging realistic, side by side life is now complex and competitive. The role of media is so strong in changing value, norms beliefs, cultural and social worlds. In addition it has strong influence of changing parent's norms, values and beliefs. These factors lead to conflict between adolescent girl as parents. It is an accepted fact that family is the primary and first institution from where and individual leans norms and values at adjust with wider area of social

environment. But sometimes the psychosocial modes of adolescents of present day might create conflict with their parent. Adolescence. Transitional phase of growth and development between childhood and adulthood. The world health organization (WHO) defines an adolescent as any person between ages 10 to 19. In many societies, however adolescence is narrowly equated. With puberty and the cycle of physical changes culminating in reproductive maturity. In other societies adolescence is understood in broader terms that encompass psychological social and moral terrain as well as the strictly physical aspects of maturation. In these societies the terms adolescence typically refers to the period between ages 12 to 20 and is roughly equivalent to the world teens. It can be broadly categorized into three stages. **Early adolescents** (12 to 14 years) a phase when the kind is not yet matures but he is longer a kind. At this stage physical changes are a constant sources of irritation **Middle adolescents** (14 to 17 years) this phase is mark by emotional, cognitive, mental maturity develops in early age in girls than in male. **Late adolescents** (17 to 19 years) finally come close to adulthood to have a firm identity and more stable interests. Adolescents are more wary about security. Safety and independence.

Methodology

Data is collected by using secondary sources.

Objectives

- 1) To understand the meaning of stress.
- 2) To study stress affects on health of adolescent girls
- 3) To study solution for to reduce teen stress

Meaning and Definition of Stress

Stress can affect people of all ages, genders and circumstances and can lead to both physical and psychological health issues. By **definition stress** is any uncomfortable, "emotional experience accompanied by predictable biochemical physiological and behavioral changes"

The terms "**Stress**" is defined by oxford dictionary of psychology as psychological and physical strain or tension generated by physical emotional, social economic or occupational circumstances events or experiences to those are difficult at mange, stress is are action to a change or a challenge, in the short terms stress can be helpful it makes you more cider and gives you energy to get things done but long term stress can lead to serious health problems.

Symptoms of Stress

Low energy, dry mouth and difficulty swallowing headaches, depression, becoming easily agitated, frustrated and moody, low self – esteem, loneliness, poor judgment changes in appetite either not eating or eating too much, procrastinating and avoiding responsibilities, increased use of alcohol, drugs, exhibiting more nervous behaviors such as nail biting ect. These are the symptoms of stress in girls.

Causes of Teen Stress

There are many causes of teenagers and adolescents girls stress some of them are listed below.

Academic stress .Physical stress ,Social stress, Stress due to family problem ,Financial stress, Traumatic events, Drastic changes in life, Romantic relationships, Poor self esteem, Peer pressure, Unhealthy competition, Sibilate, Poor time mange.

Stress Affects Adolescent Girls

When the stakes rise in high school. So does the level of stress – for girls as well as their families that is because the road to success in increasingly lined with specific checkpoints against which achievement is measured. There are many negative health effects increasing stress among adolescents girls.

- 1) **Sleep Deprivation Susceptibility to Stress and Illness :** Perhaps the most blatant consequence is the widespread lack of sleep among teens today. Through they require eight to ten hours of sleep per night adolescents generally get far less. Lack of sleep and the impairment in thinking ability that result deprive teen girl of much needed skills to ward off the effect of stress. In addition because of their compromised immune system they are more prone to illness. Getting sick and being absent from school cause additional stress because. Teen miss key class work or tests, fall behind their classmates and have to work harder to catch up.
- 2) **Increased Craving for Stimulants :** Exhaustion also affects blood chemistry, provoking unhealthy cravings for caffeine, chocolate, sugar and junk food. Many teen girls would be horrified to learn that chronic sleepiness is associated with weight gain which cause more stress.

- 3) **Headaches and Migraines :** When you are stressed your muscles tense up. Long term tension can lead to headache, migraine and general body aches and pain. Tension type headaches are common in adolescents girls.
- 4) **Poorer Copying Abilities :** With a distinct lack of down time, girls are less able to relax, sleep, read for pleasure and exercise. This undermines their ability to combat both anxiety and depression. Research suggests that girls may feel the symptoms of stress than boys. This can raise their risk of depression and anxiety.
- 5) **Diminished Brain Power :** Chronic stress also more directly threatens girl's success by eroding their brain power. Without the restorative and memory building benefits of a restful night's sleep. Girls can't concentrate or think as well and they learn more slowly. In fact research shows that staying up through the night results in the same level of mental acuity as being intoxicated above the legal limit for driving in most states. It is no wonder that sleep deprived people perform many kinds of tasks. Poorly.
- 6) **Obesity :** The link between stress and weight gain is stronger for girls than for boys stress increase the amount of a hormone in body called cortisol, which can lead to overeating and cause adolescents girls body to store fat.
- 7) **Poor Digestion or Upset Stomach :** Long term stress can greatly impact the digestive system by increasing stomach acid causing in digestion and discomfort and in some cause contributing to the development of ulcers. Short terms stress can cause stomach issues such as diarrhea or vomiting. A condition that is twice as common in girls and boys. Stress can make IBS symptoms such as gas and boating worse.
- 8) **Menstrual Cycle Problems. :** Acute and chronic stress can fundamentally alter the body's hormone balance, which can lead to missed, late or irregular periods in adolescents girls.
- 9) **Hair Loss :** Significant emotional of psychological stress can cause a physiological imbalance which contributes to hair loss. Teen stress can disrupt the life cycle of the hair. Causing it to go into its falling out stage.
- 10) **Heart Problems :** High stress levels can raise your blood pressure and heart rate. High blood pressure, over time can cause serious health problems such as stroke and heart attacks. Teen girls with a history of heart problems especially may be at risk of the negative effects of stress on the heart.

- 11) Skin Reactions :** Stress can lead to breakout and even itchy rashes and hives in some girls.

Types for Teen to Deal with Stress

There is no point in stressing about the “Stress” that your teenage child undergoes. To help girls deal with the stress with these simple solutions. .

- 1) **Sleep :** Between school work, social life and home, adolescents girls have little time to get proper sleep. They tend to stay up late at night and Get out of the house very early. Relaxation is necessary to deal with stress – when the body is relaxed the mind also relaxes and rejuvenates. A full night's sleep can help your teenager deal with stress better.
- 2) **Physical Activity :** Physical activity is one of the best stress relievers in teenagers. Nothing beats stress like a run. When you are stressed, go for a walk or just hit the gym. Encourage children to exercise or take up a sport to keep their body and mind healthy to beat stress.
- 3) **Healthy Diet :** A healthy diet is necessary to alleviate the tension that the body accumulates. A balanced diet that includes a good intake of fruits, vegetables and dairy and protein foods keeps teen girls healthy. When a teen is stressed they tend to eat junk food such as pizza, burgers, hot dogs, and ice cream. Replace such food with healthy options like avocados, berries, milk and turkey.
- 4) **Parents Support :** Teenagers can be difficult to handle as it is. They become worse when they are stressed out if you want to help your teenager deal better with stress you need to be there for them and support them through it and not make it more difficult for them.
- 5) **Focus on Positive :** Stress is the result of negative thinking and focusing on all that is wrong only makes things more difficult. It may not be easy to stay positive in the most of what feel like a crisis, but you can help teen girls by reminding them about their strengths and how they can put them to use to deal with the situation better.
- 6) **Talk about it :** Encourage your children to talk about what is worrying them. Talking about a problem or discussing will also help you find a solution for it sooner.

Stress Management Activities for your

Teenagers and adolescents can also use the help of these activities to deal better with stress breathing exercise, mindfulness, creative visualization co – sharing, silent ball, freeze dance, teenagers should also be encouraged to use stress management work sheets.

Conclusion

Adolescents girls suffers physical as well as emotional problems due to stress. A survey by American psychological association revealed that teenagers are more stressed than adults, which is quite altering for parent. Teen stress is not uncommon. But it can and should be dealt with a little patience from parents. Everyone experience stress, and teenagers are no exception teen stress is the result of enduing an xiety and worry that adolescents girls sometimes experience stress can manifest it self in different ways, mostly emotional and physical you can also tell that someone is stressed by the way are the behaving. The effects of stress on teen can be many some. Of the are listed in this paper.

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